

# NO IFS, ANDS OR BUTTS

It's challenging to quit tobacco use, but you don't need to do it alone. Call the free Kansas Tobacco Quitline 1-800-QUIT-NOW. A counselor will work with you to create a plan to quit and fight cravings. Even superheroes need a sidekick!



## 1-800-QUIT-NOW

**KanQuit!**

1-800-QUIT-NOW (784-8669)

KANSAS TOBACCO USE PREVENTION PROGRAM